

## **Cambridge GreySheet Group Purpose**

**This group has been founded and designed to discuss the fundamentals or basics of attaining and maintaining Greysheet abstinence. For that purpose, we explore together the utilization of the program of Alcoholics Anonymous in arresting compulsive eating. We strongly support Greysheet. We require that our meeting leaders be abstinent for at least 3 months on the Greysheet. We support a vigorous and positive attitude toward Greysheet abstinence---which we define as 3 weighed and measured meals a day with nothing in between, but black coffee, tea, or diet soda.**